

Full Report (All Nutrients) 45135070, PF CHANGS Garlic Chicken Dinner, UNPREPARED, GTIN: 00031000670085

Based on the GS1 Global Data Synchronization Network, [Powered by 1WorldSynch](#)

Report Date: May 27, 2017 04:21 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer ConAgra Foods Inc.

Nutrient	Unit	Data points	Std. Error	0.5 package (312g) 312g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	390	125
Protein	g	--	--	22.00	7.05
Carbohydrate, by difference	g	--	--	51.01	16.35
Sugars, total	g	--	--	12.01	3.85
Minerals					
Calcium, Ca	mg	--	--	41	13
Iron, Fe	mg	--	--	3.59	1.15
Potassium, K	mg	--	--	521	167
Sodium, Na	mg	--	--	911	292
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	15.0	4.8
Vitamin A, IU	IU	--	--	100	32
Lipids					
Fatty acids, total saturated	g	--	--	2.00	0.64
Fatty acids, total monounsaturated	g	--	--	2.50	0.80
Fatty acids, total polyunsaturated	g	--	--	4.99	1.60
Fatty acids, total trans	g	--	--	0.00	0.00
Cholesterol	mg	--	--	25	8

Amino Acids

Other

Ingredients

Savory Garlic Sauce (Water, Concentrated Chicken Broth, Soy Sauce [Water, Wheat, Soybeans, Salt, Alcohol, Vinegar], Sugar, Soybean Oil, Garlic, Michiu Wine [White Wine, Natural Flavor, Salt, Potassium Sorbate], Corn Starch, Less Than 2% Of: Ginger, Chili Paste [Red Chili Peppers, Distilled Vinegar, Salt, Xanthan Gum], Hydrogenated Palm Oil, Salt, Soybeans, Wheat Flour, Caramel Color, Citric Acid, Cooking Wine [Rice, Water, Salt],

Lactic Acid, Modified Corn Starch, Sesame Oil), Cooked Yakisoba Noodles (Water, Enriched Wheat Flour [Bleached And Unbleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Soybean Oil, Turmeric And Annatto [Colors], Potassium Carbonate, Sodium Carbonate), Cooked White Meat Chicken (Chicken Breast with Rib Meat, Water, Corn Oil, Corn Starch, Potato Starch, Dried Egg Whites, Salt, Natural Flavor, Sodium Phosphates), Vegetables (Yellow Bell Peppers, Bok Choy, Onions). CONTAINS: EGG, SOY, WHEAT *Date Last Updated by Company: 09/08/2016*